

# Corporate Fitness Program

## A Special for Employees of DC Government Employees



VIDA is a place to work on your **MIND, BODY & SPIRIT TO ACHIEVE A FULLER AND MORE BALANCED LIFE**. VIDA is equipped with full amenities, including first-rate locker rooms, laundry service, steam rooms/saunas, Aura Spa and BANG Hair Salon. VIDA delivers the most elite equipment, amenities, group exercise programming and services which include free weights, cardio machines, training, group aerobics, unique classes, indoor cycling and nutrition. Our group wellness program includes yoga, meditation, pilates, endless pools, tanning, sauna/steam room, and a health bar.

VIDA has **SIX GREAT URBAN LOCATIONS**: VIDA at The Verizon Center located in the heart of Chinatown at 7<sup>th</sup> and F Street NW - VIDA at the Metropole located in the center of Logan Circle on 15<sup>th</sup> Street (between P and Church Street NW) VIDA at the luxurious Renaissance Hotel located at 999 9<sup>th</sup> Street, NW 3rd floor, VIDA U Street in the Dupont/Adams Morgan neighborhood (between 16<sup>th</sup> and 17<sup>th</sup> Street, NW) and VIDA at City Vista in Mount Vernon Triangle at 4<sup>th</sup> and K Street, NW. A sixth location is coming soon in the summer of 2014 to the Navy Yards.

### Company Options:

#### Employees pay on their own:

**Single Club Membership:** \$49 enrollment/\$91 (\$89+\$2eco friendly fee) per month (reg. \$199/\$99)

**All Access Membership:** \$49 enrollment /\$101(\$99+\$2eco friendly fee) per month (reg. \$199/\$109)

### Membership Includes:

- **One complimentary 55 minute session with a certified personal trainer**
- **A wide variety of complimentary group exercise classes including spinning, yoga, pilates, barre & VIDA RX**
- **Complimentary daily lockers, towels, shower amenities**
- **Zen Spa Area including saunas, steam room, and two endless pools**
- **Fuel Bar serving water, Gatorade, snack bars and protein shakes/smoothies**
- **VIDA Preferred Partner Card which provides discounts to a variety of local businesses in the area (complete list available online)**

For a complimentary 1-week trial membership take a this flyer into any VIDA location and ask Alli Phillips or email

[aphillips@vidafitness.com](mailto:aphillips@vidafitness.com)